



# FOREST HILL HAPPENINGS

No 11

President: Stuart Williams

18 September 2019

## STU'S SCRIPT

*I have been fortunate to make presentations at 2 schools in the last few days. A presentation is a formal recognition of success. Why should we celebrate success? Here are 6 reasons.*

*1\* To recognise what's working well and why, and if there's something you can take from it to inspire or replicate in other actions and goals.*

*2\* To develop a success mindset*

*3\* Motivation- we are motivated by our successes*

*4\* It feels good – It builds self-esteem.*

*5\* Dopamine – a feel good chemical - is released into our brain when we anticipate achieving something or we achieve it.*

*6\* Share success... friends can appreciate what has been done.*

*Both these schools feel alive, positive and inclusive. Education feels much better than outsiders paint it. The future is bright.*

*Stuart*

It was unfortunate that our guest speaker had a family emergency and could not attend. Ron will reschedule him, soon. Sorry Chris you missed hearing him, but we loved having you at our meeting. An "Insight Talk" by John Mc Phee and a good Sgt Session made for a fun, relaxed and enjoyable night. Thanks John and Bob.

There are many activities coming up that will require some planning.

\* Whitehorse Spring Festival, Sunday 20<sup>th</sup> October, -- Sue is part of the planning committee. Rotary needs a presence.

\* Parma and Pot for Polio, Thursday 3<sup>rd</sup> October, -- at The Coach, Ringwood - past RI President Ian Riseley is guest speaker.

\* Conference at Echuca, 21-22 March 2020, -- Jan Cook (MASH ) will give a promo next Monday night.

\* International Women's Day Breakfast, Wednesday 4<sup>th</sup> March 2020, -- Sue is part of organizing committee.

Our thoughts are with John Donaghey who had a double hernia operation.

We had wonderful involvement at the Blackburn Sausage sizzle. A very good return from stalls and sausages. Well done John. Thanks to Ian, Mike and John Bindon we got the trailer from Bob and Barb's place, utilized the BBQ and tables and returned it safely.

Members and friends of RCFH , staffed a RYDA day on Tuesday 17th. A warm sunny day to observe the car braking distances.

I will be away for almost 6 weeks, 5 meetings I think, due to issues with my dental work in Thailand. I fly out 3 October, hope to return Monday 18 November. The club of course needs to keep operating. Please assist Bill and Sue to manage the work load and assist when possible.

We need a person to give an "Insight Talk" on 7 October, another for 21 October and 11 November. We do not meet on Cup Eve.

We are getting organised for OUR FOOTY NIGHT -- Monday 30 September, straight after the Grand Final. If you have friends or family that enjoy AFL, please invite them to have some laughs.

Stuart

## MEETING REPORT

The meeting opened with a Reflection from Pres Stuart. His choice of topics is varied and always topical. We heard that John D was having a short stay in hospital and Bob L was having a short stay in Serbia! Glenys was missing as she has put on a nursing uniform to look after Rob who has broken his upper arm. We welcomed Chris Stott who came specially to hear our guest speaker (more of that later).

In reports, we found out that John Bindon did a mighty job driving and reversing the BBQ trailer from Bob W's home on Saturday which helped us earn \$670 from Blackburn Craft Market. A big team of Ray, Mike, Stuart, Barbara S, Marg & John Mc, Bill and Ron ensured the sausages went like hot cakes..... well like hot sausages anyway. Mike, Barbara S, and Ian rattled the tins at the Sunday Whitehorse Farmers' Market while Bill did an excellent job supporting the Mitcham BBQ at Schwerkolt Cottage. Ian Teese, as International chairman, brought along a case of Olive Oil which Hope Katolo are selling at \$12 for a 500ml bottle. Very good value for extremely fine extra virgin olive oil. The details were circulated a couple of weeks ago in the Hope Katolo Newsletter which was sent to everyone.

Sergeant Bob W was in fine form asking us questions while Stuart and Barbara S were in better form answering, but he still managed to get \$32.95 in fines from us.

There was no guest speaker as he had emailed Monday afternoon regarding a family emergency. However, John Mc stepped up to the plate with his two minute club member talk. John told us that he joined the ANZ bank in Hamilton where their veggie patch survived on tank water. He then was moved by the bank to metropolitan Melbourne where he stayed for the rest of his working life, taking early retirement. Evidently one of the immediate advantages of living in Melbourne was there was never ever a shortage of water again for the garden, fruit trees, and veggies. He was told early on how to say no to any request! He even showed us a framed Weg cartoon of him saying NO. The second cartoon he showed us was drawn by John Rogers which showed him flourishing a tennis racquet. He said he'd had a long term commitment to playing tennis with Bob L and Stuart but now bowls was his thing. The cartoon also recalled his stint with Aussie Home Loans after he retired where he organised over 500 loans.

The raffle raised \$55. Winners were John Bindon (chocolates), Chris T (rosé prosecco), & Mike (cosmetics).

Meeting closed at 7:40pm. *Ron Brooks*

## HOPE KATOLO OLIVE OIL

If you would like a bottle of very good olive oil, and help a fantastic project at the same time, contact Ian Teese (0427 358 987) and arrange to collect a bottle, or two. \$12 per bottle.

## DUTY ROSTER

Recorder Greeter Emergency Cashier	<b>SEPTEMBER</b> Chris Tuck Barbara Searle John Donaghey John McPhee	<b>OCTOBER</b> Ray Smith Bill Marsh Bob Laslett Warwick Stott
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## COMING UP

Date	Event	Chair	Thanks & Report
23 Sept	RCFH Photo Competition/Board Meeting	Mike Finke	John Bindon
30 Sept	Footy Fever – Grand Final Edition	Stuart & Bob	Stuart Williams
7 Oct	Committee Meetings	Bill Marsh	
21 Oct	Dr Cally Berryman “Inside the Secret World of Female Gambling	Ron Brooks	Sue Ballard
28 Oct	Amanda Croucher “International Needs Australia”	Ian Teese	Glenys Grant

## CONGRATULATIONS & BEST WISHES

Best Wishes to Rob Grant as he recovers from a broken arm.

Congratulations to all those who either haven't frozen or developed webbed feet with our delightful weather.

## ATTENDANCE

If you are not coming to the meeting or if you wish to bring a guest please contact Ray Smith by 10.00am Monday on 0412 807 585 or [rcssmith@optusnet.com.au](mailto:rcssmith@optusnet.com.au)

Please ensure Ray is aware of any special dietary needs.

If you need to cancel after 10.00am please contact Bucatini Restaurant directly on 9873 0268.

## CONTACT DETAILS

Address: PO Box 116, Nunawading, 3131

Email: [foresthillrotary1975@gmail.com](mailto:foresthillrotary1975@gmail.com)

Website: [www.foresthillrotary.com](http://www.foresthillrotary.com)

Facebook: ForestHill Rotary

Meetings: 6.30pm, Bucatini Restaurant, 454 Whitehorse Road, Mitcham, 3132 (Melways 48H9)

## BREAKFAST CLUB

Now on holidays for two weeks. Bob will arrange new roster next week.

## ROTARY MONTHLY THEME

This month it is time to celebrate Rotary's involvement in Basic Education and Literacy.

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## ROTARY YOUTH DRIVER AWARENESS – Tuesday 17 September

Sue, Ron, our friends Anna and Hans plus Barbara and I made up the FHM (Forest Hill Mob). Thank you everyone.

Wellington Secondary College was the school we assisted with at Sandown Greyhound track with each of the six of us having about 25 students in our group plus a teacher and I had red group and their teacher remembered me from the last time we were together.

Our first session was on "Road Choices" starting with the students being asked who was the safest drivers, L's, P's or experienced drivers and most knew that L's were the safest and progressing to red P's were the least safest group. It was explained that if you were awake for 17 or more hours as many of these students would be with study and socialising, it was like having an over .05 alcohol reading. Many other great thought provoking facts.

Next session was "Drive S.O.S." with SOS meaning "So Others Survive" and about thinking of the other drivers on the road and their "blind spots" particularly for trucks plus their longer stopping distance and turning width required. Peripheral vision testing and constant scanning of mirrors were several of the many other "SOS" factors students learned.

Morning tea then "The 'I' in drive session about knowing yourself as a driver or passenger, removal of distractions (mobiles etc) be a cooperative not competitive driver and how to speak up as the situation requires, for example if you are a passenger with an unsafe driver don't tell the driver they are an idiot but say I am going to throw up please stop the car and get out and don't get back in. Sensible tips to stay safe.

"Crash Investigators" was about safe speeds, safe vehicles and how to try and avoid accidents. Anat Bigos who is a regular presenter in this session and is on a walker with brain damage after driving tired, swerving to miss a kangaroo and hitting a tree, again had the students' total attention as she struggles to speak. She told them about her wonderfully full life before her accident and now needs help with most of her day. When she tells us that now she can't even open the fridge door to get a snack I look at the faces of some of the teenage boys and the look of shock on their faces and know the message is getting through. Sue and I want to nominate Anat for the Rotary "Shine On" awards.

Lunch then "Speed and Stopping" which is the only outdoor session involving a presenter plus a driving instructor and car and the students learned about stopping distances at various speeds with having to decide where to put a cone with the car stopping at 40km then 60km etc. Discussion of safety aspects of cars with ANCAP rating, air bags, tyre inflation, etc, etc.

Finally for our group was "Genevieve's Story" of an 18 year old "P" driver with a friend as passenger lost control on the highway at Yarra Valley overtaking a car and winding up crashing head on with

another car with Genevieve and her friend both fatalities. The video included interviews with her parents, friends and fellow army reserve members and all very emotional, pointing out how just one error led to their deaths. The session finished with group discussion on allowing extra time to get to your destination, being in the correct mood to drive and if you are running late ask your passenger to phone ahead explaining your situation or pull over yourself and make a call plus many other safe driving suggestions. The presenter told us of one offered by a long distance truck driver who upon being asked how he keeps himself alert on long hauls he replied that he uses “commentary driving” with talking to himself about his driving and what is ahead, road conditions etc. Again a very moving session.

As always, it was a very satisfying and fulfilling day helping another group of students to be more aware on the roads and hopefully safer drivers.

I would encourage all members who haven't helped out with a RYDA day to have a go as you will always learn something helpful for yourself as well as knowing you have contributed to another 150 student drivers being better equipped on our roads.

Bob Williams



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## UPCOMING FUNDRAISER

**RC Albert Park - Winds of Hope (WOH) fundraising event.** WOH is a charity based in Uganda that provides healthcare and education to young women in need. The Club is holding a fundraising event in October showcasing African culture, food and lifestyles, with a view to creating more community awareness of Rotary. Live music, entertainment and dancing - Brief presentation by community leaders - Brief presentation by Clubs about their Africa projects - Buffet dinner with a wide range of African cuisines - Door Prizes and a charity auction - Showcase of Rotary Club projects in Africa. D9810 Clubs are invited to showcase any African projects and all are invited to attend.

Contact is Matthew Proctor: Founder - Winds of Hope International

[matthew@kutamo.com](mailto:matthew@kutamo.com) <https://www.atasteofafrica.com.au/>

6pm to Late - Friday 25th October 2019 - Lifesaving Victoria, 200 The Boulevard Port Melbourne <https://www.trybooking.com/book/event?eid=496602&>

## RAM TO RIDE AND MEAL

Heading for Tasmania? Then contact the Rotary Club of Devonport North and join in their fundraising bike ride to support Rotarians Against Malaria.

Sunday 13<sup>th</sup> October starting at the Devonport Bluff at 10.00am. If you are not into bike riding then enjoy a cooking lesson and meal at the Charlotte Jack Restaurant.

Further details: <https://theislandcreative.wixsite.com/cyclingevent>

## ROTARY CLUB of MONT ALBERT AND SURREY HILLS FUNDRAISER

MASH are holding a Music and Movies Trivia Night on Saturday 12<sup>th</sup> October.

Further details. Contact Anne Teese [anneteese@gmail.com](mailto:anneteese@gmail.com)

## ARTICLES

Articles, notices and photos for inclusion in **FOREST HILL HAPPENINGS** to [bjmarsh@bigpond.net.au](mailto:bjmarsh@bigpond.net.au) no later than 10.00am on Wednesday each week.

## WEBSITE

Keep up-to-date by checking our website at [www.foreshillrotary.com](http://www.foreshillrotary.com)

## TRADER OF THE MONTH AT THE BLACKBURN STATION MARKET



**Outback Spirit** have been regulars at our market for years and they also regularly sell at the Rotary Club of Mt Waverley and Dingley Farmers markets amongst others. Juleigh and Ian Robins make all their chutneys, sauces, pickles and marinades at their new Dandenong factory. Not only are they delicious but they are gluten and MSG free. Ian and Juleigh are recognised pioneers of the Australian native food industry and have been at the forefront since its inception in 1986. They established Robins Foods in 1997. Ian and Juleigh's vision is to bring Indigenous foods into the mainstream food market and the company is the industry leader supplying the **Outback Spirit** branded range of products to supermarkets nationally in Australia.

In 2000, Ian and Juleigh decided to formalise their relationships with the company's indigenous suppliers and established an ethical supply chain that ensures that benefits from the sale of **Outback Spirit** products go back to the Aboriginal people who are developing their own enterprises based on native foods. They established the Outback Spirit Foundation to further help the Aboriginal people.

Juleigh is an accomplished cook and together with Ian has written three native food cookbooks – Wild Lime (1996 Allen & Unwin) and Wild Classics (2000 Allen & Unwin – with Ian Robins) and Wild Food (2010 Lantern Books, a Viking Books imprint).

So, go and have a chat to Juleigh's brother in law Bill at the Blackburn market stall and taste some of these unique foods. Find out more about the products, the company, and the Foundation at [www.outbackspirit.com.au](http://www.outbackspirit.com.au)

# Box Hill Rotary Whitehorse



## Art Show 2019



PRINCIPAL SPONSOR

**Thur 31 Oct  
to Sun 3 Nov 2019  
10am - 6pm  
(Sun 3rd close 4pm)**

### BOX HILL TOWN HALL



#### BENEFICIARIES



**More than 750 exhibits by over 160 artists on display seeking the historic and much sought after McCubbin 'Best In Show' Award at the iconic Box Hill Town Hall**

## Gala Opening Night Dinner

**Wed 30th Oct  
6pm - preview all art.  
7pm - 3 course dinner.  
\$75 inc. refreshments.**

*Show will be opened  
by radio celebrity  
**David Mann AM**  
(3AW Mann about Town)*



**\$13,000 art prizes, quality art auctions, door prizes, music, silent auctions, demonstration artists & much more.**



**BOX HILL  
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**GOLD SPONSOR**

*For details google  
Whitehorse art show*